



Living

MUSKIE CENTER HAPPENINGS

Learning

Back From Summer Break

Beginning September 7th, Tuesdays 9:00-11:00 a.m. Quilting & Handcrafts—Whether you are an experienced quilter, or just beginning. Bring your quilting, knitting, needle point, or any project you are working on, for a morning of companionship and fun. \$1 Participation Fee

Just for the Spell of It. Weekly Scrabble Game. Beginning September 13th, Mondays at 1:30. Join us for a fun afternoon of the classic game. Please RSVP to 873-4745 for the first week. \$1 Participation Fee

Walking Club gets a makeover and is now FREE. Welcome to our new volunteer leader Cheryl Vermette. You'll meet each Tuesday at 9:00am. at that week's location. Walking with friends is fun and safe. Please call ahead if rain is forecasted or if you need to know that week's trail.

Movie & Popcorn

Join us for an afternoon of fun and cinema. Sit back, relax and enjoy popcorn, a drink and a movie. \$2 Participation Fee

Friday, September 10th, 1:00-3:00ish
"Second Hand Lions"

Friday, September 24th, 1:00-3:00ish
"Fried Green Tomatoes"

Please RSVP no later than that morning, 873-4745

September 2010

The Muskie Parking Project Challenge

If you've visited the Muskie Center, you are probably aware that one of the biggest challenges we face is the lack of parking.

A fundraising project is currently underway to raise the funds needed to purchase a neighboring property.

The Sukeforth Family has generously offered to match up to 50 percent of the money needed! It is up to us to raise the rest.

Fundraising efforts are going strong, but now we need YOUR help to finish! Donations are currently being accepted to help meet this important goal to put in that long overdue parking lot!!

Help us make a difference in our community!! Please make checks payable to:

Muskie Community Center
Attn: Sukeforth Challenge
38 Gold Street
Waterville, ME 04901

Together we'll make this happen!

YES! I want to support the Muskie Parking Project in the amount of \$ _____, which will be matched 100% by the Sukeforth Family.

Name: _____

Address: _____

State: _____ Zip: _____

Cell Phone Help—Thursday, Sept. 16th, 11:30-12:30. Pine Tree Cellular will be here to help you figure out all those features on your phone. Learn how to make and receive calls, store phone numbers, change settings and more. \$2 Participation Fee includes coffee & snack. Please RSVP to 873-4745

History & Genealogy of the French in the Greater Waterville Area.

Tuesday, Sept. 28th, 1:00-2:00. Join local historian and genealogist Bob Chenard for a discussion on this fascinating topic. \$2 participation fee includes coffee & snack. Please RSVP to 873-4745.

Put Your Flowers to Bed

Wednesday, Sept. 29th, 10-10:30 Fall is almost upon us and its time to start thinking about retiring those gorgeous blooms for the season. Join Kathy Hebert from Sunset Greenhouses as she shares practical tips on tucking your garden in for the season. \$1 Participation fee. Please RSVP to 873-4745

**Muskie Community Center
38 Gold Street
Waterville, ME 04901
207-873-4745**

**Consumer Helpline:
1-800-639-1553**

**www.spectrumgenerations.org
(TTY) 1-800-464-8703**

September 26th is Active Aging Week! Why not try something new like Yoga or the Walking Club?



WEEKLY EVENTS:

Fitness

Exercise w/ Wendy (\$2) - Mon. & Fri 8:45-9:30 am

Richard Simmons Workout Tape (\$1) -

Mon & Fri 9:30-10:30, Wed. 9:00-10:00

R.S.V.P. Bone Builders - (\$1) Mondays 10:30-11:30/Thursdays 9:30-10:30

Games

Hand & Foot (\$1) Tues. 1:00-4:00

Cribbage (\$1) Wed. 1:00-3:00

Bridge (\$2)Thurs. 11:00-4:00

"63" (\$1) Fri. 1:00-4:00



Learn to Play Cribbage (\$1)—Friday's 10:00-11:30

Please RSVP to 873-4745 *Additional Volunteer Trainers Wanted*

September Computer Lessons now being scheduled. \$7 for 45 minutes of individual instruction. Learn how to use your computer and programs, internet, email and more! Call to schedule your time slot.



Beauty Shop w/ Claire—Every Tuesday—Call for appointment

Blood Pressure Screening—FREE—Please Call

Professional Foot Care Clinics will now be offered monthly and are by appointment. Please call the Muskie Center at 873-4745 to schedule your session. Mark your calendar with the upcoming dates: Sept. 13th, Oct. 18th, Nov. 8th, Dec. 13th. Cost is \$30 and includes a foot and nail evaluation, written recommendations, nail grooming and care, home health tips and education, plus a foot massage.

Weekly Yoga Classes

6 Week Session—Tuesday's, beginning Sept. 7th, 2:00-3:30



Yoga with instructor Bonnie Stronach. Learn simple movements with a unique blend of stretching and yoga poses—both standing and floor. These movements release tension, improve posture, and increase flexibility, strength, stamina, and muscle tone. Will also practice short, guided, stress-reducing meditations. **Please bring a yoga mat or other non-slip surface and a blanket to class.** Cost is \$6 per class or \$30 for all 6 weeks. Please RSVP for first class, 873-4745

Thursday's, beginning Sept. 9th, 2:00-3:00

Self Guided Yoga Class with video tape, "Yoga for the Rest of Us". This is a low impact yoga class following the popular PBS instructor Peggy Cappy. This class is suitable for those unable to work on floor exercises. FREE trial class on Sept. 9th—please RSVP, 873-4745. Beginning Sept. 16, \$2 participation fee. *We are Looking for a volunteer facilitator for this class, if interested please call Casey for more information at 873-4745.*

Lunch

Public Lunch is **Mon.-Fri.** (*unless otherwise posted*) **11:30am to 1:00pm.** The suggested donation for **age 60+** and people with disabilities is **\$4.00.** **Under age 60** the cost is **\$6.00 unless otherwise stated.**

Lunch Menu

Wednesday, Sept. 1

Chicken Parmesan & Potatoes

Thursday, Sept. 2

Pot Roast & Mashed Potatoes

Friday, Sept. 3

Baked Fish & Baked Potato

Monday, Sept. 6

Closed for Labor Day

Tuesday, Sept. 7

Stuffed Cabbage Rolls

Wednesday, Sept. 8

Traditional Meat Lasagna

Thursday, Sept. 9

Sweet & Sour Pork over Rice

Friday, Sept. 10

Shrimp in Cream Sauce over Rice

Monday, Sept. 13

Veal Marsala & Mashed Potatoes

Tuesday, Sept. 14

Baked Ham & Boiled Potatoes

Wednesday, Sept. 15

Turkey & Fixings

Thursday, Sept. 16

American Chop Suey

Friday, Sept. 17

Salmon Pie w/ Egg Sauce

Monday, Sept. 20

Homemade Salisbury Steak

Tuesday, Sept. 21

NO LUNCH—opening at noon

Wednesday, Sept. 22

Spaghetti & Meatballs

Thursday, Sept. 23

Roast Pork & Scalloped Potatoes

Friday, Sept. 24

End of Summer Beach Party

See next page!

Answers

Monday, Sept. 27

Caramelized Onion & Cheese Quiche

Tuesday, Sept. 28

Meatloaf & Mashed Potatoes

Wednesday, Sept. 29

Stuffed Peppers & Roasted Potatoes

Thursday, Sept. 30

Chef's Choice

Breakfast

Public Breakfast is served Mondays, Wednesdays and Fridays from 8:00-10:00am. Menu varies, but typically includes bacon, sausage, eggs, pancakes or French toast, home fries or hash, juice, coffee and tea. The suggested donation for age 60+ and people with disabilities is \$4.00. Under age 60 the cost is \$5.00



End of Summer Beach Party

Friday, Sept. 24th
11:30-1:00

Join us for fun in the sun!
Food, Fun, Music & Dancing
Wear your favorite beach outfit

- Fish & Chips
- Seafood Chowder
- Hot Dogs
- Coleslaw
- Drink Dessert

Regular Buffet Pricing

Do you have an idea for a fun "themed" buffet?

We want to hear from you!

Maine Property Tax and Rent Refund Program

Maine Property Tax and Rent Refund applications are now available to all Maine Residents. The Property Tax and Rent Refund program is designed to help Maine homeowners offset the high cost of property taxes on their primary residences. It also offers similar relief to Maine residents who pay rent. 2010 Income limits for the Senior program are \$14,700 for a single person and 18,200 for a married couple. Refunds may be as much as \$400 for the Senior program and \$1,600 for the General program. For more information on whether or not you qualify please call Spectrum Generations at 1-800-639-1553, TTY: 1-800-464-8703. Applications may be filed online at www.maine.gov/revenue/homepage.html

Spectrum Generations' Information Specialists are available with free assistance for the 2010 Maine Property Tax and Rent Refund application. Please call 873-4745 to schedule your appointment and for a list of documents you will need to bring with you.

September 1st, 16th, 27th: 1:00-3:30 PM

September 20th, 23rd: 9:00 AM-12PM

September 14th, 30th: 9:00 AM-3:30 PM

If you feel uncomfortable or have met an aggressive insurance sales person, please call the Maine State Bureau of Insurance at 1-800-300-5000.

Spectrum Generations' Adult DayBreak

...healthy participants, healthy families, healthy communities

Adult Day Services is the most affordable alternative to assisted living placement and allows an elderly or disabled family member to continue living at home longer. We offer a compassionate center based program on weekdays in Belfast, Hallowell, Skowhegan and Waterville. Your loved one will enjoy a delicious and nutritious lunch, arts, music, crafts, bingo, exercise classes and an opportunity to meet and develop new friendships. Meanwhile, you'll have peace of mind to go to work, run errands, or just enjoy time to yourself.

Adult Day Services Week (September 20-24, 2010)

Come and see why adult day services are a smart choice and enter to *win 10 hours of services at one of Spectrum Generations' Adult DayBreak programs.*

- Muskie Community Center @ 38 Gold St. in Waterville (873-4745);
- Somerset Community Center @ 30 Leavitt St. in Skowhegan (474-8552)
- Waldo Community Center @ 18 Merriam Rd. in Belfast (338-1190) and
- William S. Cohen Community Center @ 22 Town Farm Rd. in Hallowell (626-7777).



Special Health Presentation—Sept. 27th, 12:30-1:30

Join MaineGeneral's Dr. Bossie, Gynecologist of Waterville Women's Care, as she discusses the many options in addressing conditions that affect women such as pelvic pain, urinary incontinence and other gynecological conditions that often lead to embarrassment and a diminished lifestyle. Dr. Bossie will discuss the latest approaches in treatment that reduce recovery time, as well as highlighting the new advances in robot assisted surgery now being offered at Maine General. Please RSVP to 873-4745.

EXTENDED TRIPS



Tropicana Casino & Hotel, Atlantic City

Head to fun, food and gaming with Spectrum Generations and Stage Coach Charters. **Monday, Oct. 25th—October 28th, 2010.** Includes motorcoach travel, lodging, \$30 in gaming money, three buffet meals, and one great show. **Price starts at \$319** per person based on double occupancy For more information please call Casey or Janice at 873-4745



Explore Wine Country

Enjoy 7 days and 6 nights, beginning **August 26th, 2011.** You'll explore California's wine country, featuring San Francisco and Napa and Sonoma Valley's. **Trip includes** flight, lodging, most meals, professional tour guide, and admission charges where applicable. **Rates start at \$2,699** based on double occupancy. For more details on this unique adventure of a lifetime, please call Casey at 873-4745



Looking for something else?

We have daytrips, short overnight trips and extended stay trips galore. Stop by the Muskie Center and chat with Casey or Janice for more details on these or the many other trips we are currently offering, including a 9 day tour of Savannah, Georgia, a 3 day trip to Olde Mystic, Connecticut, the Disney Food and Wine Festival in Orlando, Florida, and more!

DAY TRIP ADVENTURES

Day trips require a minimum number of participants. Please pre-register as soon as possible so we can guarantee the trip.



Christmas Tree Shops, Augusta

September 10th, departing at 9:30am. \$8 Transportation. Lunch not included.

Hollywood Slots



trip with Frank Gifford. Ride by motor coach on Sept. 14th, pickup at the Holiday Inn, Waterville at 9:00am. **\$25** cost includes transportation & lunch buffet. Deadline to register **Sept. 10th.** Non-Refundable.



Ken's Breakfast Buffet, Skowhegan

September 18th, departing at 9:00am. Transportation \$7. Buffet not included.

Coastal Camden Join us on September 23rd and spend a day in scenic Camden, Me. Departing at 9:30am. Transportation \$19. Lunch not included.



Fall Foliage Trip & Cruise.

Step aboard the *Katahdin* on Oct. 2nd for a leisurely fall cruise to enjoy the natural beauty and history of Moosehead Lake. Travel with Stagecoach Tours, departing from the Holiday Inn, Waterville, at 9:15 am, returning at approximately 8:00 pm. \$65 p/p (Meals not included.)

Cash, Checks, Visa, MasterCard & Discover accepted for all trips

For more information or to register, please call 873-4745

SOMERSET HAPPENINGS

Consumer Information Specialist is available to help you with Medicare, social Security and other health care questions. Please call 474-8552 to make an appointment.

Volunteer Opportunities at the Somerset Community Center:

- Housekeeping Volunteer to keep our center neat and tidy
- Volunteer substitute MOW drivers to deliver nutritious meals to homebound adults.



Support Groups at the Muskie Center

Alzheimer's Support Group—September 30th at 6:30pm

Family Caregiver Education & Support Group—September 15th, 12:00-1:30

COMING IN OCTOBER:

Call for more information



AARP Safe Driving Course October 14th, from 9:00am-2:00pm

Living Well—Chronic Disease Self Management Workshop Informational Join us on Oct. 4th from 9:00-10:00 am for more information on the FREE six week workshop beginning Oct. 15

Flu Shot Clinic—Oct. 19th, 10am-3pm

NOTICES:

Sept. 6th—The center will be closed for Labor Day

Sept. 9th—The Center will be opening at 11:00 a.m.

Sept. 21st—The Center will be opening at noon. **No lunch** will be served this day.